PRICELIST YOGA

DROP IN

100K	Meditation Class
170K	Single Drop In
250K	Yoga + Meditation
140K	Local / Kitas Holder

CLASS PASS

VALID FOR 30 DAYS
FROM DATE OF PURCHASE

475K	3 Classes
765K	5 Classes
1.4M	10 Classes

WORKSHOPS

ON DEMAND

450K	1 Workshop
450K	1 Private Class

TAROT CARD READING

1.2M	1 on 1 (60 Mins)
1.5M	Couple Session (75 Mins)

All prices are nett and include 11% government tax and 10% service charges.

DAILY CLASS CHEDULE

SUN	**08:00** POWER SCULPT	**9:00** GUIDED MEDITATION	**17:00** DEEP STRETCH
MON	**08:00** MOBILITY CLASS	**9:00** GUIDED MEDITATION	**17:00** GENTLE YOGA
TUE	**08:00** HATHA YOGA	**9:00** GUIDED MEDITATION	**17:00** RESTORATIVE
WED	**08:00** FLUID FLEXI	**9:00** GUIDED MEDITATION	**17:00** DEEP STRETCH
THU	**08:00** MOBILITY CLASS	**9:00** GUIDED MEDITATION	**17:00** STEADY STRENGTH
FRI	**08:00** WARRIOR WORKOUT	**9:00** GUIDED MEDITATION	**17:00** RESTORATIVE
SAT	**08:00** HATHA YOGA	**9:00** GUIDED MEDITATION	**17:00** SLOW BURN FLOW

CLASS DESCRIPTION

POWER SCULPT
SUNDAY | 8:00AM

A high-energy class combining strength training and yoga-inspired moves to tone muscles, build endurance, and boost fitness.

MOBILITY
MON & THU | 8:00AM

A dynamic session focused on improving joint mobility, flexibility, and overall range of motion through mindful movement.

HATHA
TUE & SAT | 8:00AM

A steady-paced yoga class combining gentle to intermediate poses, breathwork, and focused attention to improve balance and flexibility.

CLASS DESCRIPTION

FLUID FLEXI
WEDNESDAY | 8:00AM

This vinyasa inspired class is a flowing practice designed to lengthen muscles, increase flexibility, and release tension through graceful movements.

WARRIOR WORKOUT
FRIDAY | 8:00AM

An empowering blend of strength, balance, and cardio moves inspired by yoga's warrior poses for a strong, confident body.

DEEP STRETCH
SUN & WED | 5:00PM

A slow, relaxing class holding stretches for longer periods to release tight muscles and improve flexibility.

CLASS DESCRIPTION

RESTORATIVE

TUE & FRI | 5:00PM

A deeply calming class using props to support the body in gentle poses, helping you reset, restore, and relax.

GENTLE YOGA

MONDAY | 5:00PM

A slow and soothing yoga practice perfect for beginners or anyone wanting to unwind and move with ease.

STEADY STRENGTH

THURSDAY | 5:00PM

A controlled, low-impact strength class focusing on building stability, balance, and muscle tone at a steady pace.

CLASS DESCRIPTION

SLOW BURN FLOW

SATURDAY | 5:00PM

A mindful, heat-building flow that moves at a slower pace, allowing you to deepen your strength, control, and alignment.

GUIDED MEDITATION

EVERYDAY | 9:00AM

A gentle space to pause, breathe, and return home to yourself. Slow down and reconnect with your inner world through grounding breathwork, simple somatic cues, and soothing visualisation.

WORKSHOPS

FACE YOGA & SELF CARE

Learn facial moves and safe Gua Sha techniques to release jaw, neck, and face tension while calming your nervous system and turning skincare into a grounding ritual.

MYOFASCIAL RELEASE

Learn to release tightness and tension with gentle self-massage techniques. A powerful practice to improve mobility and relaxation.

CHAKRA

Journey through the seven energy centers with movement, breath, and reflection. Discover balance and harmony from root to crown.

HOPS

YOGA NIDRA

Experience deep rest through guided relaxation. This meditative journey soothes the nervous system and restores body, mind, and spirit.

ASANA LAB

Dive deeper into alignment, technique, and anatomy. Break down key poses to refine your practice and cultivate body awareness.

WORKS

ART OF SEQUENCING

Learn the principles behind creating meaningful and balanced yoga sequences. Perfect for teachers and practitioners seeking creative flow.

ARM BALANCE & INVERSION

Build strength, focus, and confidence as you explore the foundations of arm balances and inversions step by step, safely and mindfully.

HOOPS

BEND & TWIST

Awaken your spine and release tension through heart-opening backbends and cleansing twists. A class to expand, energise, and detoxify.

WORKS

PARTNER WORKSHOP

Connect through movement, trust, and play. This class explores balance, support, and communication as you flow together in paired poses.

WORKSHOPS

BLINDFOLD YOGA

Let go of sight and deepen your inner awareness. A guided experience to awaken your senses, intuition, and connection within.

MENTORING FOR YOGA TEACHERS

This workshop is for yoga teachers seeking more confidence, clarity, and authenticity in how they show up. Through practical tools, creative prompts, and open discussion, you'll learn to teach from an embodied place.